

# Get Outside with Therapeutic Recreation!

## TR Winter Wandering

Sat, Jan. 22

12:30-2 p.m.

Activity #370333

**Location: Chesapeake Beach Railway Trail**

Spend the afternoon with TR taking a brisk walk and seeing what wonders are wandering out in the winter months! Please dress appropriately for the weather. This program is designed for families of individuals with special needs of all ages and their siblings and friends.



## Trails and Trivia with TR

Sat Feb. 12

12-2 p.m.

Activity #370334

**Location: Flag Ponds Nature Park**

Come bring the family to visit one of Calvert's nature parks. Enjoy the beauty and calm of nature during the quieter time of year! Fun facts and trivia will be provided while we walk on trails through the park. Please dress appropriately for the weather. This program is designed in collaboration with Calvert County's Natural Resources Division for families and friends of individuals with special needs of all ages.



For more information, or to register, please call the Therapeutic Recreation Office at 410-535-1600 extension 8204 or 8205 or visit [www.webtrac.co.cal.md.us](http://www.webtrac.co.cal.md.us)  
Maryland Relay for Speech and Hearing Impaired 800-735-2258

